

Adaptive Recreation Spring Brochure



NAME:	AGE: DOB:
ADDRESS:	PHONE #1: PHONE #2:

Write in check number by programs/transportation
you are requesting.

PROGRAM	TRANSPORTATION/ NOTES
1. Soccer \$35.00/CK# _____	Transportation not offered
2. Games & Crafts \$55.00/CK# _____	Zips \$5.00/CK# _____
3. Bowling \$25.00/CK# _____	Transportation not offered
4. Kaleidoscope \$20.00/CK# _____	Transportation not offered
5. Choir \$40/CK# _____	ZIPs \$3.00/CK# _____
6. Sports Night \$55.00/CK# _____	Zips \$5.00/CK# _____
7. Music for Youth \$40.00/CK# _____	Transportation not offered.
8. Movies & Music I \$30.00/CK# _____	ZIPs \$2.00/CK# _____
9. Movies & Music II \$30.00/CK# _____	Zips \$2.00/CK # _____
10. Swim Lessons _____ \$30.00/CK# _____	Transportation not offered.
11. Teen Scene \$10.00/CK# _____	Transportation not offered
12. Young Adults Night \$10.00/CK# _____	Transportation not offered.
13. Spring Dance \$4.00/CK# _____	Transportation not offered.



REGISTRATION PERIOD

Monday, March 21 ~ Friday, March 25, 2005
8:00 a.m. – 5:00 p.m.
Please note; classes may fill before the
registration period ends.

ANSWERS TO YOUR QUESTIONS:

1. How do I register?

Place the check number next to the program(s) you are
registering for on the adjacent registration form and
return with payment during the above dates. Bring or
mail to:

The Government Center,
Park & Recreation Department,
201 4th Street SE #150,
Rochester, MN 55904

If you happen to miss the deadline, please call ahead to
check program availability before turning in your
registration materials.

2. Eligibility

Open to persons 4 years through adulthood with a
developmental and/or physical disability

3. How can payment be made?

Payment can be mailed or dropped off in person. Checks
or Money Orders are accepted; make payable to
Park and Recreation. Remember to pay for classes
separately (**i.e. 4 classes = 4 checks**) while transportation
checks can be made payable to Zips (**i.e. 4 classes = 4
checks**).

4. Program changes and/or cancellations

A **PROGRAM SCHEDULE LINE** has been installed to
confirm activity schedules, as well as to communicate
updates, changes and cancellations affecting
Adaptive Recreation programs.

Please use this line should you need program
confirmation by calling 287-7980 and choosing option
#1. Information will be updated weekly.



MONDAYS



Soccer

Co-sponsored with
The Rochester Youth Soccer Association

Practice begins with warm ups and stretches and moves into working individually with a coach on basic skills including blocking, dribbling, and passing. Practices will end with a group scrimmage!!

This program is adapted for all ages and ALL ABILITY LEVELS.

WHO: Persons 4 years of age and older

DATES: Mondays, May 9-June 27
(No practice on May 30)

TIMES: 6:30-7:15 p.m. ages 4-12
7:15-8:00 p.m. ages 13-18

COST: **\$35.00**

LOCATION: The National Volleyball Center. Please meet in the lobby. We will be using the outdoor fields at Century on nice evenings.



MONDAYS

Games & Crafts

Crowd favorites including board games, cards, and bingo along with a host of other popular games and charming craft activities are on the schedule! A list of activities and locations will be mailed out one week ahead of time.*

WHO: Persons 18 years and older

DATES: Mondays, May 16-August 8
(No program May 30 or July 4)

TIME: 7:00-8:30 p.m.

COST: **\$55.00**

LOCATION: The Mayo Civic Center. An activity scheduled will be mailed out one week ahead of time.

IMPORTANT! CONTACT THE PROGRAM SCHEDULE LINE @ 287-7980 FOR CONFIRMATION OF ACTIVITIES, LOCATION, TIMES OR CANCELLATIONS TO THIS PROGRAM.

TUESDAYS

Kaleidoscope

We'll be working with paint, glue, colorful designs, and all sorts of fun accessories. Activities are broken down into simple steps allowing participants to progress together. An after-school snack will be offered from 4:00-4:15 p.m.

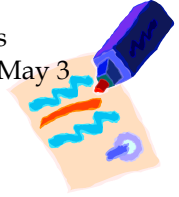
WHO: Persons 4 -17 years

DATES: Tuesdays, April 5-May 3
(No class April 26)

TIME: 4:00-5:15 p.m.

COST: **\$20.00**

LOCATION: Activity Room #2,
The Recreation Center



Bowling

A fun and easy sport for everyone; participants will learn how to gather equipment, find their lane, and handle the ball. Unlimited games plus shoe rental included in the price.

WHO: Persons 4 -17 years

DATES: Tuesdays, May 10-May 31

TIME: 4:00-5:30 p.m.

COST: **\$25.00**

LOCATION: Colonial Lanes Bowling Alley



NEW NIGHT!!!!!!

Choir

It's spring and it's time to sing! Certified Music Therapist, Sally Burns will train participants to sing together as a group, with favorite songs such as "Edelweiss", "The Garden Song", "I'd like to teach the World to Sing" and a host of other Springtime melodies! An "Concert Performance" will be held on the final night of class

WHO: Persons 13 years and older who

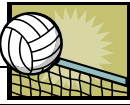
DATES: Tuesdays, April 5-May 10
(No practice on May 3. Dates will not affect the Sports Night activity also on Tuesdays)

TIME: 7:00-8:00 P.M.

COST: **\$40.00**

LOCATION: Sunset Terrace Elementary
School, Music Room

TUESDAYS



Sports Night

Activities involving indoor and outdoor summer sports such as volleyball, basketball, horseshoes, and softball will be scheduled along with attendance to a Honkers game!

WHO: Persons 18 years and older

DATES: Tuesdays, May 17-August 9

TIME: 7:00-8:30 p.m.

COST: \$55.00

LOCATION: Varies; a schedule including activities and locations will be mailed to you one week ahead of time.

IMPORTANT! CONTACT THE PROGRAM SCHEDULE LINE @ 287-7980 FOR CONFIRMATION OF ACTIVITIES, LOCATION, TIMES OR CANCELLATIONS TO THIS PROGRAM.



WEDNESDAYS

Music for Youth

Board certified Music Therapist Jenny Kruse leads music & movement activities using props, and instruments to foster & enhance each child's communication and participation during class. Jenny holds a Master's in Music Therapy and has taught people in the areas of developmental disabilities, geriatrics, psychological disorders, and terminal illness.

WHO: Youth ages 4-17

DATES: Wednesdays, April 6-May 11

TIME: 4:00-4:45 p.m. ~ Ages 4-12
4:45-5:30 p.m. ~ Ages 13-17

NEW!!!! **5:30-6:00 p.m. ~ Sibling Class- focus will be on partner activities, communication and interaction between siblings.**

COST: \$45.00

LOCATION: Jenny Kruse Studio located at the Hillcrest Apartments, 1701 Highway 52 North.



WEDNESDAYS

Movies, Music and More!

Favorite movies (new and old) visits from musical guests and simple games are designed to provide participants an easy, fun and relaxing night out with friends! A list of activities and locations will be mailed out one week ahead of time.

WHO: Persons 18 years and older

DATES: **Session I:** Wednesdays, May 18-June 22

Session II: Wednesdays, June 29-August 3

TIME: 7:00-8:30 p.m.

COST: \$30.00/session

(Both sessions can be paid for in one check)

SITE: The Mayo Civic Center

IMPORTANT! CONTACT THE PROGRAM SCHEDULE LINE @ 287-7980 FOR CONFIRMATION OF ACTIVITIES, LOCATION, TIMES OR CANCELLATIONS TO THIS PROGRAM.



THURSDAYS

Swim Lessons

Instructors will work one on one with swimmers on water readiness and basic fundamental swim skills.

WHO: Persons 4 years and up

DATES: Thursdays, April 21-May 19

TIME: 6:00-6:30 p.m. ~ Shallow end swimmers
6:30-7:00 p.m. ~ Shallow end swimmers
7:00-7:30 p.m. ~ Deep end swimmers.

COST: \$45.00

LOCATION: The Rochester Recreation Center Pool.



FRIDAYS



Teen Scene

A popular program in which "Teens" plan the Friday Night activities based on the group's interests. A planning meeting will be held at Godfather's Pizza from 6:00-8:00 p.m. the first night.*

WHO: Persons 13-18 years of age

DATES: April 15-May 27
(No activity April 29)

COST: **\$10.00 (registration fee only)**
Additional costs may be associated with some activities and whenever possible will be kept to a minimum.

TIME&

LOCATION: A list of activities and locations will be mailed out AFTER THE FIRST NIGHT.

IMPORTANT! CONTACT THE PROGRAM SCHEDULE LINE @ 287-7980 FOR CONFIRMATION OF ACTIVITIES, LOCATION, TIMES OR CANCELLATIONS TO THIS PROGRAM.

SATURDAYS



Young Adult Night

A fun night of activities for young adults in the transition phase from high school to adulthood!! Activities in the past have included making dinner at the Plummer House, going to the movies, bowling, and attending concerts. Activities are planned by the group and an activity schedule will be mailed out the week after. Meet at Godfather's Pizza from 6:00-8:00 p.m. the first night. Please bring \$3.00 for pizza & pop.

WHO: Persons 19-25 years of age

DATES: Saturday Nights, April 16 & 30,
May 14 & 28

COST: **\$10.00 (registration fee)***
Additional costs may be associated with activities and whenever possible, kept to a minimum.

TIME &

LOCATION: A list of activities and locations will be mailed out AFTER THE FIRST NIGHT

IMPORTANT! CONTACT THE PROGRAM SCHEDULE LINE @ 287-7980 FOR CONFIRMATION OF ACTIVITIES, LOCATION, TIMES OR CANCELLATIONS TO THIS PROGRAM.

SPECIAL EVENTS



Spring Dance

Great music, refreshments and loads of fun will be served up! Pre-registration is requested and will be taken until Thursday, April 28th until noon. No late registrations please.

WHO: Persons 13 years and older

Limited supervision provided

DATE: Friday, April 29

TIME: 7:00-9:00 p.m.

COST: **\$4.00**

LOCATION: The Graham Arena at the Olmsted County Fairgrounds. Plenty of parking available on-site!

FOR YOUR INFORMATION!!

Be watching for the Summer Program Brochure due out in May. Upcoming activities include

- Summer Day Camp
- Swim Lessons
- Horseshoes
- Softball and more!

